EMS advice

Camping tips

And other bulls**t, wit and wisdom

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EMERGENCY MEDICAL RESPONDERS:

1) You aren't required to know everything.

2) You are required to know the foundational knowledge and skills of your job. No excuses.

3) Always be nice. It's a force multiplier.

4) There is no greater act of trust than being handed a sick child.

5) Earn that trust.

6) Don't ever lie to your patient. If something is awkward to say, learn to say it without lying.

7) Read Thom Dick's, People Care. Then read it again.

8) You can fake competence with the public, but not with your coworkers.

9) Own your mistakes. We all make them, but only the best of us own them.

10) Only when you've learned to own your mistakes will you be able to learn from them.

11) Experience is relative.

12) Proper use of a BVM is hard and takes practice.

13) OPAs and NPAs make using a BVM less hard.

14) Master the physical assessment. Nobody in the field of medicine should be able to hold a candlestick to your physical assessment skills.

15) Keep your head about you. If you fail at that, you'll likely fail at everything else.

16) There is a huge difference between not knowing and not caring. Care about the things you don't yet know.

17) Train like someone's life depends on it.

18) Drive like nobody's life depends on it.

19) Pet the dog. (Even when you're wearing gloves.)

20) Have someone to talk to when the world crashes down.

21) Let human tragedy enhance your appreciation for all that you have.

22) Check the oil.

23) Protect your back. It will quite possibly be the sole determining factor in the length of your career.

24) Say please and thank you even when it's a matter of life or death.

25) Wipe your feet at the door.

26) When you see someone who is really good at a particular skill say, "Teach me how you do that."

27) Nobody can give you your happiness or job satisfaction. It is yours and yours alone. And you have to choose it.

28) We can't be prepared for everything.

29) We can be prepared for almost everything.

30) Check out your rig. It's more meaningful that just confirming that everything is still there.

31) Tell your patients that it was a pleasure to meet them and an honor to be of service.

32) Mean it.

33) Keep a journal.

34) Make it HIPAA compliant.

35) Thank the police officer that hangs out on your scene for no good reason.

36) Recognize that he or she probably wasn't hanging out for no good reason.

37) Interview for a job at least once every year, even if you don't want the job.

38) Iron your uniform.

39) Maintain the illusion of control. Nobody needs to know that you weren't prepared for what just happened.

40) Apologize when you make a mistake. Do it immediately.

41) Your patient is not named honey, babe, sweetie, darling, bud, pal, man or hey. Use your patient's name when speaking to them. Sir and Ma'am are acceptable alternatives.

42) Forgive yourself for your mistakes.

43) Forgive your coworkers for their quirks.

44) Exercise. Even when it isn't convenient.

45) Sometimes it's OK to eat the junk at the QuickyMart.

46) It's not OK to always eat the junk at the QuickyMart.

47) Don't take anything that a patient says in anger personally.

48) Don't take anything that a patient says when they are drunk personally.

49) Don't ever convince yourself that you can always tell the difference between a fake seizure and a real seizure.

50) Think about what you would do if this was your last shift working in EMS. Do that stuff.

51) Carry your weight.

52) Carry your patient.

53) If firefighters ever do #51 or # 52 for you, say thank you. (And mean it.)

54) Being punched, kicked, choked or spit on while on duty is no different than being punched, kicked, choked or spit on while you're sitting in church or in a restaurant. Insist that law enforcement and your employer follow up with appropriate action.

55) Wave at little kids. Treat them like gold. They will remember you for a long time.

56) Hold the radio mike away from your mouth.

57) There is never any reason to yell on the radio….ever.

58) When a patient says, “I feel like I’m going to die.” believe them.

59) Very sick people rarely care which hospital you’re driving toward.

60) Very sick people rarely pack a bag before you arrive.

61) Sometimes, very sick people pack a bag and demand a specific hospital. Don’t be caught off guard.

62) Bring yourself to work. There is something that you were meant to contribute to this profession. You’ll never be able to do that if you behave like a cog.

63) Clean the pram.

64) Clean your stethoscope.

65) Your patient’s are going to lie to you. Assume they are telling you the truth until you have strong evidence of the contrary.

66) Disregard #65 if it has anything to do with your personal safety. Trust nobody in this regard.

67) If it feels like a stupid thing to do, it probably is.

68) You are always on camera.

69) If you need save-the-baby type “hero moments” to sustain you emotionally as a caregiver you will likely become frustrated and eventually leave.

70) Emergency services was never about you.

71) The sooner you figure out #69 and #70, the sooner the rest of us can get on with our jobs.

72) People always remember how you made them feel.

73) People rarely sue individuals who made them feel safe, well cared for and respected.

74) You represent our profession and the internet has a long, long memory.

75) Don’t worry too much about whether or not people respect you.

76) Worry about being really good at what you do.

77) When you first meet a patient, come to their level, look them in the eyes and smile. Make it your habit.

78) Never lie about the vital signs. If the patients vital signs change dramatically from the back of the rig to the E.R. bed, you want everyone to believe you.

79) Calm down. It's not your emergency.

80) Stand still. There is an enormous difference between dramatic but senseless action and correct action. Stop, think and then move with a purpose.

81) Knowing when to leave a scene is a vital skill that you must constantly hone.

82) The fastest way to leave a scene should always be in your field of awareness.

83) Scene safety is not a five second consideration as you enter the scene. It takes constant vigilance.

84) Punitive medicine is never acceptable. Choose the right needle size based on the patients clinical needs.

85) Know what's happening in your partner's life. Ask them about it after you return from your days off.

86) If your partner has a wife and kids, know their names.

87) No matter how hard you think you worked for them, your knowledge and skills are not yours. They were gifted to you. The best way to say thank you is to give them away.

88) Learn from the bad calls. Then let them go.

89) When you're lifting a patient and they try to reach out and grab something, say, "We've got you."

90) Request the right of way.

91) Let your days off be your days off. Fight for balance.

92) Have a hobby that has nothing to do with emergency services.

93) Have a mentor who knows nothing about emergency services.

94) Wait until the call is over. Once the patient is safe at the hospital and you're back on the road, there will be plenty of time to laugh until you can't breathe.

95) Tell the good stories.

96) You never know when you might be running your last call. Cherish the small things.

97) You can never truly know the full extent of your influence.

98) If you're going to tell your friends and acquaintances what you do for a living, you'll need to embrace the idea that you're always on duty.

99) Be willing to bend the rules to take good care of people. Don't be afraid to defend the decisions you make on the patients behalf.

100) Service is at the heart of everything we do. The farther away from that concept you drift, the more you are likely to become lost.

101) There is no shame in wanting to make the world a better place.

Pass this on, maybe it will remind us all what "EMS" really means..

Camping witicisms

• When using a public campground, a tuba placed on your picnic table will keep the campsites on either side vacant.

• Get even with a bear who raided your food bag by kicking his favorite stump apart and eating all the ants.

• Old socks can be made into high fiber beef jerky by smoking them over an open fire.

• When smoking a fish, never inhale.

• A hot rock placed in your sleeping bag will keep your feet warm. A hot enchilada works almost as well, but the cheese sticks between your toes.

• The best backpacks are named for national parks or mountain ranges. Steer clear of those named for landfills.

• Acupuncture was invented by a camper who found a porcupine in his sleeping bag.

• While the Swiss Army Knife has been popular for years, the Swiss Navy Knife has remained largely unheard of. Its single blade functions as a tiny canoe paddle.

• Effective January 1, 1997, you will actually have to enlist in the Swiss Army to get a Swiss Army Knife.

• Lint from your navel makes a handy fire starter. Warning: Remove lint from navel before applying the match.

• You'll never be lost if you remember that moss always grows on the north side of your compass.

• You can duplicate the warmth of a down-filled bedroll by climbing into a plastic garbage bag with several geese.

• When camping, always wear a long-sleeved shirt. It gives you something to wipe your nose on.

• You can compress the diameter of your rolled up sleeping bag by running over it with your car.

• Take this simple test to see if you qualify for solo camping. Shine a flashlight into one ear. If the beam shines out the other ear, do not go into the woods alone.

• A two-man pup tent does not include two men or a pup.

• A potato baked in the coals for one hour makes an excellent side dish. A potato baked in the coals for three hours makes an excellent hockey puck.

• You can start a fire without matches by eating Mexican food, then breathing on a pile of dry sticks.

• In emergency situations, you can survive in the wilderness by shooting small game with a slingshot made from the elastic waistband of your underwear.

• The guitar of the noisy teenager at the next campsite makes excellent kindling.

• Check the washing instructions before purchasing any apparel to be worn camping. Buy only those that read "Beat on a rock in stream."

• The sight of a bald eagle has thrilled campers for generations. The sight of a bald man, however, does absolutely nothing for the eagle.

• It's entirely possible to spend your whole vacation on a winding mountain road behind a large motor home.

• Bear bells provide an element of safety for hikers in grizzly country. The tricky part is getting them on the bears.

• A great deal of hostility can be released by using newspaper photos of politicians for toilet paper.

• In an emergency, a drawstring from a parka hood can be used to strangle a snoring tent mate.

Life Lessons

• Any stone in a hiking boot migrates to the point of maximum pressure.

• The distance to a given camp site remains constant as twilight approaches.

• The number of mosquitoes at any given location is inversely proportional to the amount of repellent that remains.

• The probability of diarrhea increases with the square of the thistle content of the local vegetation.

• The area of level ground in the neighborhood tends to vanish as the need to make camp becomes finite.

• In a mummy bag the urgency of ones need to urinate is inversely proportional to the amount of clothing worn. It is also inversely proportional to the temperature and the degree to which the mummy bag is completely zipped up.

• Waterproof clothing isn't. (However, it is 100% effective at containing sweat).

• The width of backpack straps decreases with the distance hiked. To compensate, the weight of the backpack increases.

• Average temperature increases with the amount of clothing brought.

• Tent stakes come only in the quantity "N-1" where N is the number of stakes necessary to stake down a tent.

• Propane/butane tanks that are full when they are packed, will unexplainably empty themselves before you can reach the campsite.

• Given a chance, matches will find a way to get wet.

• Your side of the tent is the side that leaks.

• All foods assume a uniform taste, texture, and color when freeze-dried.

• Divide the number of servings by two when reading the directions for reconstituting anything freeze-dried.

• When reading the instructions of a pump-activated water filter, “hour” should be substituted for “minute” when reading the average quarts filtered per minute.

• The weight in a backpack can never remain uniformly distributed.

• All tree branches in a forest grow outward from their respective trunks at exactly the height of your nose. If you are male, tree branches will also grow at groin height.

• You will lose the little toothpick in your Swiss Army knife as soon as you open the box.

• Rain.

• Enough dirt will get tracked into the tent on the first day out, that you can grow the food you need for the rest of the trip in rows between sleeping bags.

• When camping in late fall or winter, your underwear will stay at approximately 35.702 degrees Kelvin no matter how long you keep it in your sleeping bag with you.

• Bears.

• The sun sets three-and-a-half times faster than normal when you’re trying to set up camp.

• Tents never come apart as easily when you’re leaving a site as when you’re trying to get them set up in the first place.

• When planning to take time off of work/school for your camping trip, always add an extra week, because when you get home from your “vacation” you’ll be too tired to go back for a week after.

I'm worried about the calendar. Its days are numbered

Cows appear to be simple, peaceful animals. But these creatures are more complex than they look! Cows are incredibly fascinating animals with unusual physical characteristics and high levels of emotional intelligence. In the vast majority of the world, cows are used for milking. However, cows have made many contributions (even in amusing forms) to human survival over thousands of years.

Whether it comes from an animal or a human, poo is generally not a topic of conversation. But cow dung is worth talking about as it is a resourceful material that benefits us in various ways.

While some of us may find cow dung disgusting, farmers consider it an important component of the farm industry's natural nutrient cycle that feeds animals, the environment, and communities. Like water, manure is recycled and used in numerous ways on dairy farms.

Furthermore, it is a plentiful and sustainable resource, and when it is wasted, it is regrettable. But what is the appearance of a cow's poo? This article will answer that question and everything you've ever wanted to know about cow poop.

Cow poo has a soft texture and tends to be deposited in circular shapes, which gives dung patches alternate names of cow pies and cow pats. It varies in form, consistency, and color. The color is typically dark brown, but it can also be red, gray, black, or any combination of these colors. Normal cow dung should resemble a thick cake batter in a mound with just the right amount of moisture to spread. In its ideal state, the thick, pie-shaped manure should be light to mid-brown in color.

Green manure indicates that the cow has been consuming fresh grass. The more grain the animal has consumed, the browner it becomes. The cow should be fed a high-fiber diet with more grass hay than grain if its dung is thin. However, an animal with loose feces that's dark brown to gray in color can also be normal, depending on the type of grain in their diet.

It's crucial to consider the animal's roughage intake when anomalous excrement is discovered. Digestibility difficulties might occur if the feedstuff has too much lignin, and stools will stack higher than usual if this low-quality indicator is present.

Cows are herbivores that consume grass and other plants.

Since they are herbivores, cows consume grass and other plants. Due to their very particular eating habits, cows may consume a variety of tough grasses, and grass makes up more than 50% of cow feed. Contrary to popular belief, dairy cows consume leaves and stem from grains such as corn, wheat, and oats significantly more frequently than they eat grains like corn kernels. Although it makes up less than a quarter of their diet, cows consume some grain.

Cows are frequently believed to have four stomachs. Truth be told, cows' multi-compartment stomachs are significantly different from those of humans. When they eat grass, it passes through the rumen, reticulum, omasum, and abomasum before being absorbed.

The rumen is the first section of a cow's stomach. Numerous bacteria inhabit the rumen, which serves as a storage for food while the bacteria break down the cellulose, or fiber, in the plants the cow has consumed. At this point, the food is just partially broken down and not yet digested. No stomach acid is present here, unlike in the human stomach. You can observe a cow grazing

by noting how much grass, hay, or other plant material it consumes. It does not chew the meal like a horse does; rather, it moistens the food with a small amount of chewing before swallowing it whole.

The reticulum comes after the rumen. The meal enters this area, allowing the cow to regurgitate and begin “chewing the cud”—a process that breaks the food down into smaller pieces. Bacteria are also present in the reticulum. The cow, which weighs 1,400 pounds on average, eats for six to eight hours each day before chewing cud for another five to eight hours.

The omasum follows the reticulum. The meal continues to the omasum after the cow has completed chewing its cud and is swallowed a second time. It takes in water and some already digested nutrients.

The abomasum, where food is really digested, is the last unit. In contrast to the foregut, where fermentation occurs, the abomasum is thought to be the “real” stomach for all ruminant animals, similar to the human stomach. It contains bile, stomach acid, and possibly some bacteria that the rumen uses to break down the cellulose.

The digestive systems of horses and cows differ in many ways. If you compare it to cow manure, horse excrement still contains small bits of grain or grass. Since the plant material’s considerably more thoroughly broken down and digested, there is none in the cow poo.

What Benefits Does Cow Manure Offer?

Manure from cow excrement is widely used as an agricultural fertilizer. It is abundant in minerals, particularly potassium, phosphorus, and nitrogen. When combined with the soil, it can foster the growth of beneficial microbes. Additionally, manure can enhance the soil’s texture and aid in moisture retention.

In many developing countries, and previously in Europe’s mountainous regions, cow dung that’s caked and dried is used as fuel. Dung may also be gathered and utilized to create biogas, which can be used to provide heat and energy. The methane-rich gas is used to generate energy in rural areas of Pakistan, India, and other countries, but it is not sustainable.

Maasai villages in central Africa burn cow dung indoors to keep mosquitoes away. Rustic homes are lined with cow dung as inexpensive thermal insulation in cold environments. To keep insects at bay, most villagers in India spray water and fresh cow dung in front of their homes.

But let's face it you're not reading this book to learn about casual bull shit.

Groucho Marx

Outside of a dog, a book is man's best friend. Inside of a dog it's too dark to read.

I find television very educating. Every time somebody turns on the set, I go into the other room and read a book.

When you're in jail, a good friend will be trying to bail you out. A best friend will be in the cell next to you saying, 'Damn, that was fun'

From the moment I picked up your book until I put it down, I was convulsed with laughter. Some day I intend reading it.

Learn from the mistakes of others. You can never live long enough to make them all yourself.

Humor is reason gone mad.

I never forget a face, but in your case I'll be glad to make an exception.

The secret of life is honesty and fair dealing. If you can fake that, you've got it made.

I sent the club a wire stating, PLEASE ACCEPT MY RESIGNATION. I DON'T WANT TO BELONG TO ANY CLUB THAT WILL ACCEPT ME AS A MEMBER.

I've had a perfectly wonderful evening, but this wasn't it.

Those are my principles, and if you don't like them...well I have others.

I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it.

I'm not crazy about reality, but it's still the only place to get a decent meal.

He may look like an idiot and talk like an idiot but don't let that fool you. He really is an idiot.

If you're not having fun, you're doing something wrong.

If a black cat crosses your path, it signifies that the animal is going somewhere.

Well, art is art, isn't it? Still, on the other hand, water is water! And east is east and west is west and if you take cranberries and stew them like applesauce they taste much more like prunes than rhubarb does. Now, uh... now you tell me what you know.

While money can't buy happiness, it certainly lets you choose your own form of misery.

Some people claim that marriage interferes with romance. There's no doubt about it. Anytime you have a romance, your wife is bound to interfere.

Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, and I'm going to be happy in it.

I have nothing but respect for you -- and not much of that.

Anyone who says he can see through women is missing a lot.

I intend to live forever, or die trying.

A child of five could understand this. Send someone to fetch a child of five.

Just give me a comfortable couch, a dog, a good book, and a woman. Then if you can get the dog to go somewhere and read the book, I might have a little fun.

Only one man in a thousand is a leader of men -- the other 999 follow women.

Whatever it is, I'm against it.

Life is a whim of several billion cells to be you for a while

Oscar wilde

• Man is least himself when he talks in his own person. Give him a mask, and he will tell the truth."

• "I can resist everything except temptation."

• "A man's face is his autobiography. A woman's face is her work of fiction."

• "True friends stab you in the front."

• "Always forgive your enemies; nothing annoys them so much."

• "Anyone who lives within their means suffers from a lack of imagination."

• "Art is the most intense mode of individualism that the world has known."

• "You don't love someone for their looks, or their clothes or their fancy car, but because they sing a song only you can hear."

• "I am not young enough to know everything."

• "The only difference between the saint and the sinner is that every saint has a past, and every sinner has a future."

• "I have the simplest of tastes. I am always satisfied with the best."

• "I am so clever that sometimes I don't understand a single word of what I am saying."

• "To love oneself is the beginning of a lifelong romance."

• Be yourself; everyone else is already taken."

• "There is only one thing in the world worse than being talked about, and that is not being talked about."

• "To live is the rarest thing in the world. Most people exist, that is all."

• "I can never travel without my diary, one should always have something sensational to read on the train."

• "You can never be overdressed or overeducated."

• "The truth is rarely pure and never simple."